Physical and Health Education

**Activity 1 : Baby Shark Ab Workout**

**Equipment:**

* Tablet, computer, phone

**To do:**

1. Watch the video: <https://www.youtube.com/watch?v=LurCQ9XGkt0>

**Activity 2: Sally Squat Challenge**

Watch the video: <https://www.youtube.com/watch?v=bql6sIU2A7k>

While watching, squat down when the song says “Sally down” and only come up when it says “Sally up.”

**Activity 3: Cardio Workout**

Try to complete this 5-minute workout: <https://www.youtube.com/watch?v=d3LPrhI0v-w>

**Activity 4: Stuffed Animal Challenge 1.**

1. Click on [Mr. M’s video.](https://www.youtube.com/watch?v=hYqSSzwyi64&feature=youtu.be)

**Equipment needed:**

* 1 stuffed toy
* 1 laundry basket or any type of basket.

**To do:**

1. Set up an area with a laundry basket and stand about 6 steps away with your stuffed animal
2. Student must do 3 jumping jacks then toss a stuffed toy into the basket. You must do 3 jumping jacks before each throw. If you get a basket you get 1 point and a free throw.

Challenge: See how many baskets you can get within 1 minute, see how many in 2 minutes.

See if you can score from further back.

**Activity 5: Stuffed Animal Challenge 2.**

1. [Click on Mr. M’s video](https://www.youtube.com/watch?v=aI191O-TlOI&feature=youtu.be) and complete the challenge.